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SOAKING IN YOUTH LAGOON {page 18}

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THE TELEGRAPH VIA YOUTUBE

'Who knows what he could have done'

▶ Captain of JetBlue flight out of JFK has meltdown at 30,000 feet, runs down aisles yelling 'bomb' ▶ Quick-thinking co-pilot locks him out of cockpit after bizarre behavior began ▶ Passengers grateful for decision {page 02}

▶ The JetBlue pilot who had a midair meltdown yesterday is taken off the plane on a stretcher after an emergency landing in Amarillo, Texas.

Metropolitik

Will decision on Obamacare impact voters?

▶ Supreme Court ruling on health care reform will have wide-ranging effects ▶ Could enthusiasm suffer? {page 11}

The spice of life is actually spice

Joy Bauer says sprinkling food with the right stuff may help you live longer {page 20}

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Sully gets a protege

Scenes of chaos after a JetBlue flight captain runs through plane screaming Co-pilot gets him to leave the cockpit — and then locks him out Horrified passengers said they thought they were about to die

Passengers hailed a JetBlue co-pilot as a hero yesterday after he had the good sense to lock the flight's captain out of the cockpit over fears that a mid-air meltdown was putting the lives of more than 140 people at risk.

It was the co-pilot who first started noticing his boss, Flight 191's main pilot, reported as being Capt. Clayton Osbon, acting strangely, according to reports. He convinced Osbon to leave the cabin and then locked him out of the cockpit.

Terrified passengers then watched as Osbon went berserk on the Las Vegas-bound flight. He banged on the cockpit door to get back in and then, when refused, started running up and down the aisles, screaming at passengers about a bomb and warning them to "say their prayers."

"If he wasn't out of the cockpit who knows what he could have done," said passenger and Bayside, Queens resident Stephen Teitelbaum. "It's really scary to think about it."

Teitelbaum, 29, said he watched as the "very agitated" captain ran to the back of the plane, and then to the front, as a flight attendant chased him.

Teitelbaum says he got out of his seat to go help after the captain started banging on the bathroom door.

"Then the flight attendant asked us to please restrain him," he said.

The captain, wild-eyed, started babbling about Iraq as the men forced him into a seat.

"He was saying things about Iraq, saying we have to watch out for Iran, we have to pray for Israel. Saying, 'I know how to get them,'" Teitelbaum recalled. "He said, 'You need to pray for us.' His eyes were very open; he looked like he was in a panic."

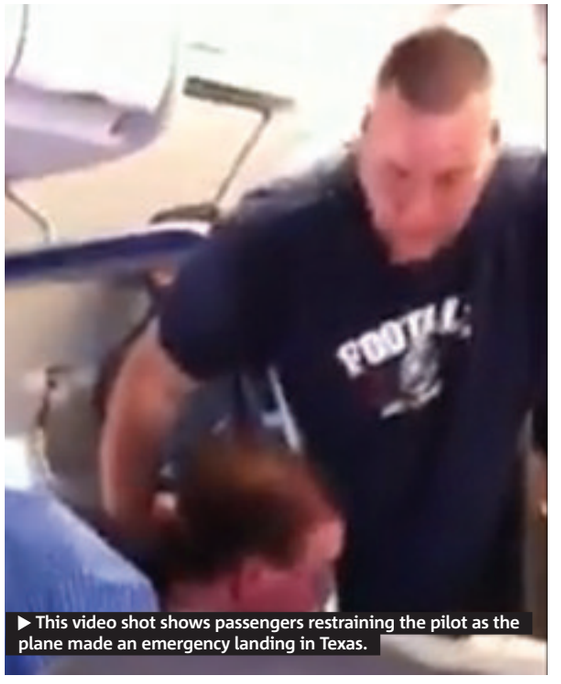
Teitelbaum suspects Osbon may have served in the military, although JetBlue would not confirm the captain's name or disclose if he had military experience.

A group of passengers, including a retired NYPD sergeant, held the pilot down as the plane, carrying 135 passengers and six crew members, made a safe emergency landing in Amarillo, Texas.

"The co-pilot saw the situation transpire and very creatively suggested he leave the cockpit, go get a glass of water or something, and the cabin door was locked again," said Teitelbaum. "He stepped in and prevented a situation from getting a lot worse. He's probably really the hero."

CARLY BALDWIN and ALISON BOWEN

▶ Police cars surround Flight 191 after it landed.



▶ This video shot shows passengers restraining the pilot as the plane made an emergency landing in Texas.

Timeline

- Flight 191 took off from JFK at 7:28 a.m., according to JetBlue.
- According to reports, the co-pilot noticed the captain acting strangely. He convinced him to leave the cabin and then locked him out of the cockpit.
- Terrified passengers report the pilot screaming and running up and down the aisles. One passenger heard him say, "Iraq, Al Qaeda, terrorism, we're all going down."
- The estimated 6-foot-4-inch captain didn't fight as passengers restrained him while the plane landed. Passengers tied his hands together with seatbelts and another passenger hugged his legs together.
- At around 10 a.m., the co-pilot took command and decided to divert to Amarillo, Texas, "for a medical situation involving the captain," according to a JetBlue spokeswoman.
- The captain was taken off the plane in a stretcher and taken to a medical facility. Passengers said they heard him reciting the Lord's Prayer.
- Passenger Tiffany Lee tweeted that JetBlue promised to reimburse passengers and give them twice the credit of their tickets.

Quoted

"Our pilot went nuts and we had to land in Amarillo ... Saw my life flash before my eyes today."

PASSENGER TIFFANY LEE

In the news

McCarren Park Pool to reopen this June

The popular McCarren Park pool in Williamsburg is slated to reopen this June, according to the Parks Department. The pool, which has been closed since 1983, began to be restored in 2009. Approximately $50 million dollars has been spent on the project, which will not only be a pool, but a year-round recreation center. The new pool will accommodate 1,500 swimmers. METRO/EAE

In the news

Cops: We got L train brawler

Police took in Ryan Beauchamp, 33, the man they believe was involved in a brawl that left a 20-year-old dead after being hit by a train on Saturday. Cops say Beauchamp began a verbal altercation with Josh Basin at the Bedford L station, before the fight escalated and the two fell on the tracks. Basin was hit and killed by an incoming train. METRO/EAE

Man charged with cat abuse

BROOKLYN. Humane Law Enforcement agents, the arresting officers of the ASPCA, arrested a Brooklyn man on Saturday for allegedly injuring his cat. The ASPCA agents said that Daniel Lawson, 24, used a metal bar to beat his 2-year-old male cat, named Velet. The agents were called in to assess Velet's injuries, which included a six-inch laceration to his right hind leg. He was treated at the ASPCA's Bergh Memorial Animal Hospital.

Lawson was arrested and charged with one count of misdemeanor animal cruelty, which carries up to one year in jail and possibly a $1,000 fine. METRO/EAE

▶ C trains are pushing 50.

C ya later!

NEW YORK. The MTA board will decide today whether or not it will buy 300 new subway trains for a $599 million price tag, according to The Wall Street Journal. The authority hopes to replace many of the cars on the C line. The cars won't be replaced until 2015, according to the MTA, at which point many cars on that line will be 50 years old. The C line consistently places last in a survey conducted by the Straphanger's Campaign, where they ask riders about the cleanest trains. The new trains, manufactured by Bombardier Transit Corp., are expected to have brighter lights and signs, among other amenities.

METRO/EAE

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Council: Trayvon can happen in New York City, too

Members will wear hoodies at City Hall today in honor of Florida teen Many say Trayvon's death reminds them of unarmed people in NYC who were killed Want 'Stand Your Ground' legislation removed

City Council members are speaking up to say what happened to Trayvon Martin can happen in New York, too.

Officials are also calling on a Republican state senator to drop legislation that is similar to the "Stand Your Ground" law, which critics say let a gunman off the hook in the death of the Florida teenager.

At least a dozen Council members will meet at City Hall today, wearing hoodies and holding Skittles and iced tea, which Martin was carrying when he was shot.

Martin's parents came to New York City last week for a march in Union Square. Critics have accused the shooter, George Zimmerman, of racially profiling Martin before shooting him. Zimmerman said Martin attacked him.

Several Council members said Martin's death strikes a chord here.

"The danger of New York City seeing the next Trayvon Martin-type tragedy is real — just ask the family of Ramarley Graham," Flatbush Councilman Jumaane Williams told Metro.

"It just gets tied back to racial prejudice and the disproportionate impact that violence has on young men of color."
DAVID SEGAL, SPOKESMAN FOR COUNCILMAN YDANIS RODRIGUEZ

EMILY ANNE EPSTEIN/METRO

▶ Hundreds rallied in Union Square last week, wearing hoodies, demanding Zimmerman's arrest.

Cops followed Graham, 18, into his Bronx home in February and fatally shot him in his bathroom because police thought he had a gun. He was unarmed.

Northern Manhattan Councilman Ydanis Rodriguez said the incident also brought to mind John Collado, shot by an undercover narcotics cop in September.

The cop said Collado choked him.

But the family of Collado said he did not know the man was a police officer and that he was trying to help his neighbor, who the cop had confronted.

Councilman Daniel Garodnick said the Martin case reminded him of a crime against two Ecuadorean men in Bushwick in 2008. Attackers yelled slurs at them, and then beat Jose Sucuzhanay with a baseball bat, killing him. Keith Phoenix and Hakim Scott were sentenced to 37 years in prison.

ALISON BOWEN
alison.bowen@metro.us

'Stand Your Ground' here?

- Senators criticized proposed legislation in New York that they said is too close to Florida's "Stand Your Ground" law, which police invoked when not charging Zimmerman.
- Nearly two dozen politicians sent a letter to Sen. George Maziarz, the upstate senator who proposed the bill, asking him to withdraw it immediately.
- The bill would justify deadly force by someone who reasonably believes it's necessary to prevent death or harm.
- If the bill becomes law, city legislators warned, "There will be a day when we will also face the death of an innocent young person because someone with a gun perceived him as threatening."

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350 EAST 52ND STREET, MANHATTAN

HIGH END NEW LOW

After taking control of the apartment building at 350 E. 52nd Street in Manhattan, William Koeppel has set new lows. Last week, new building workers employed by Modern Staffing - a non union contractor that pays substandard wages - were arrested by NYPD officers after a fight broke out at the building.

As if that isn't enough, tenants even filed a class-action suit against Koeppel for alleged violations of rent regulations resulting in overcharging of rent.

Moreover, William Koeppel demanded that the building's long term employees scrap their union health and retirement benefits, prompting a strike by the building employees in June 2011. William Koeppel is making decisions that are diminishing the quality of life for many residents at 350 E. 52nd Street in Manhattan.

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Animals. Springtime

▶ Kiwi was born to mother, Turnip, and father, Sid.

JULIE LARSEN MAHER/WILDLIFE CONSERVATION SOCIETY

Baby lambs now out in Central Park

March is going out like a lamb — except it came in like one, too. And the yearly arrival of baby lambs at the Central Park Zoo means spring must really be here. New babydoll lambs are on exhibit at Central Park Zoo's Tisch Children's Zoo. Visitors can see Kiwi, who was born earlier in the month to mother, Turnip, and father, Sid. Starting this Saturday, March 31, all of the parks will change over to their longer spring/summer hours and re-open the seasonal attractions. METRO

Poetry back in motion on subway tunnels

Beloved transit poetry program brought back on track MTA to plaster trains, MetroCards with rhymes

Straphangers' pleas for more service and lower fares may go unheeded, but the MTA has decided to reward riders with rhymes.

After a four-year hiatus, the MTA and the Poetry Society of American announced yesterday they are re-introducing "Poetry in Motion," the program that brought sonnets to the subway from 1992 until 2008.

"I don't think riders are clamoring for this, but they do appreciate it," said MTA board member Allen Cappelli.

The first poem is "Graduation," by Dorothea Tanning, a poet who passed away in January at the age of 101, according to the MTA.

"There are still other things that we need, but I wouldn't turn it down," said Bill Henderson of the MTA's Permanent Citizens Advisory Committee. "[The MTA] has limitations on what they can do, and they're trying to find things that they can accomplish that will benefit the riders."

Quoted

"It's one of the few things the MTA does that creates goodwill."

GENE RUSSINANOFF, STRAPHANGER'S CAMPAIGN

The MTA plans to put the poems in the prominent square poster spaces at eye level of seated passengers and feature them on MetroCards. Poems will even appear in animated sequences on the MTA's "On the Go!" travel stations, which have been installed in Grand Central Terminal and elsewhere.

The Straphanger's Campaign and several other groups put pressure on the MTA to bring "Poetry in Motion" back after it ended.

EMILY ANNE EPSTEIN
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Where to find the happiest corner of NYC

GOOGLE STREET VIEW

▶ What's not to love?

MANHATTAN. New York City has long been deemed the grumpiest, rudest place on the planet — but one blog sought to find the city's bright spots.

Science blog OneHappyBird conducted an informal study that identified New York's "happy places" by analyzing positive and negative words within more than a half million geotagged tweets from 2011.

Researchers used a grid of city streets and the labMT word list, which is a collection of positive and negative terms from "ecstasy" to "grief" that is used to determine the emotional trends in online data sets.

The bloggers found West Side neighborhoods to have a higher happiness level than their East Side counterparts.

The happiest place in all of Manhattan is, not surprisingly, attached to Central Park, at the intersection of 7th Avenue and 77th Street, to be exact.

That spot had the most tweets with words indicating happiness, such as "loves" and "sky" and fewer tweets with negative words such as "fear," "not" and "no."

The bloggers acknowledged that their study isn't scientifically sound, as it's unclear how to categorize a tweet such as, "Loving the blue sky today. No fears about rain, not one cloud."

Most of the city's other happy spots also fall in Central Park, but there are little bursts of joy scattered among each corner of New York City. A heat map on the blog shows happiness breakdowns on various city street corners.

CASSANDRA GARRISON

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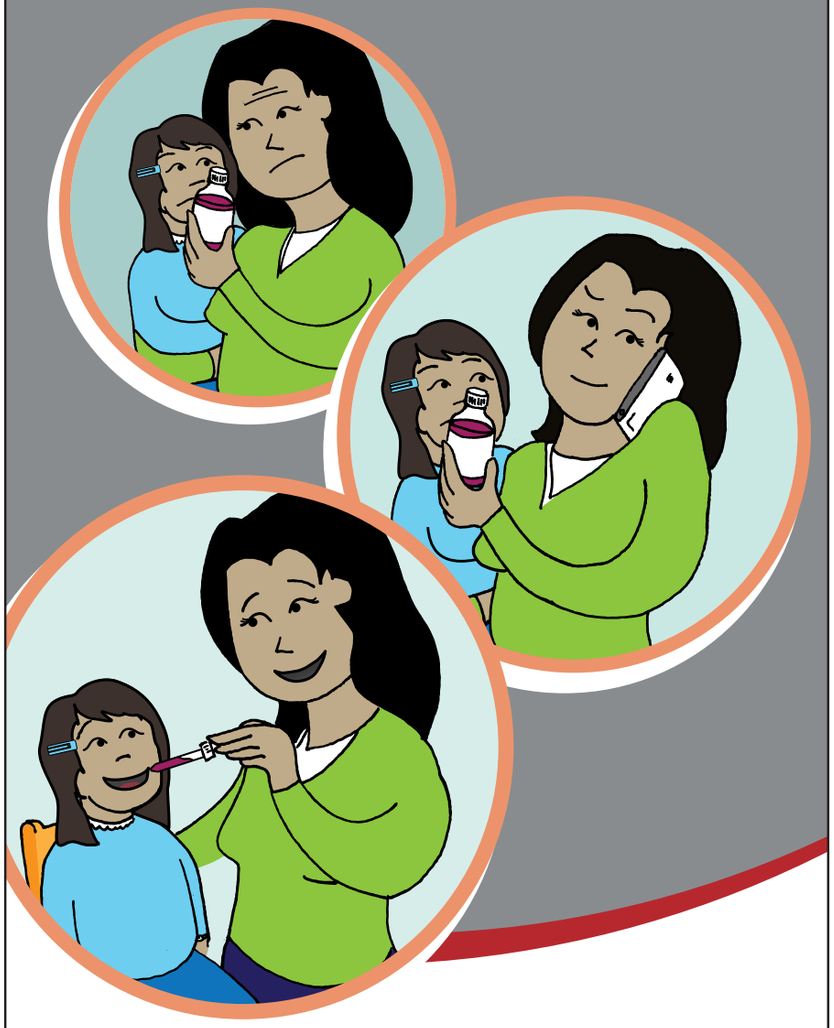

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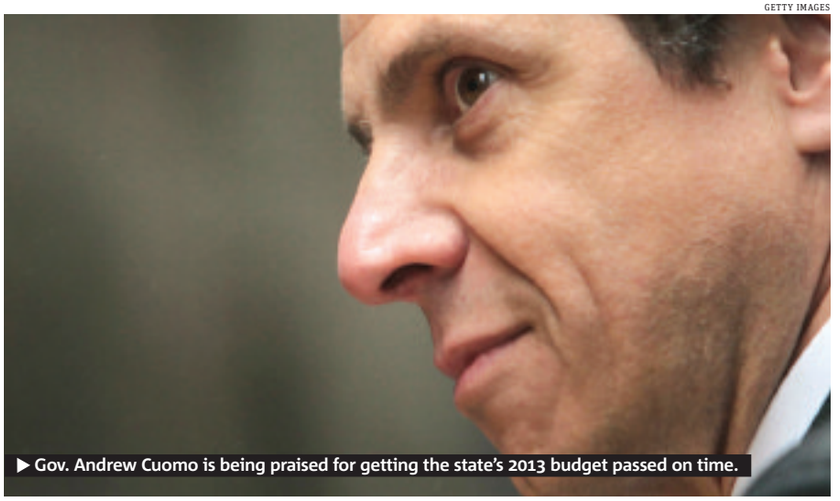
Cuomo seals budget deal with legislative leaders

GETTY IMAGES



▶ Gov. Andrew Cuomo is being praised for getting the state's 2013 budget passed on time.

Governor Andrew Cuomo struck a deal with New York lawmakers yesterday on his proposed $132.5 billion budget, opening a path toward passage of the state's second straight on-time spending plan.

The agreement raises funding for schools, sets up a gambling commission and provides $13.1 billion for the Metropolitan Transportation Authority's five-year capital budget.

The Legislature is expected to start voting as early as today on the budget, which also establishes a task force to oversee infrastructure projects.

"Through the spirit of compromise with our colleagues in the Senate and the governor's staff, we were able to identify and address many of the priorities in what has been agreed to in this budget," Assembly Speaker Sheldon Silver, a Manhattan Democrat, said Monday at a legislative hearing. "We are ready to pass an early budget this week."

The talks in Albany focused on allocating a 4 percent funding increase, or about $800 million, for education.

Lawmakers and Cuomo didn't include creating a state health care exchange in the spending plan, which Cuomo had proposed. Cuomo and Silver want to set up a one-stop shop for health insurance before the federal government steps in and does the job, under President Barack Obama's 2010 health care overhaul.

Republicans who control the Senate were reluctant to support it.

The exchange won't be part of the budget, Skelos said. Cuomo has said that he may set up the exchange through an executive order.

New York's 2013 fiscal year begins April 1. If the spending plan is passed and signed before then, it would be the first back-to-back years of on-time budgets since 2005 and 2006, said Morris Peters, a state Budget Division spokesman.

Some of the budget's most contentious issues were resolved March 15, when the Legislature approved a Cuomo-backed pension overhaul, as well as a teacher-evaluation system.

Both items were part of the spending plan Cuomo sent to lawmakers in January.

BLOOMBERG

Full-steam ahead on gambling plans

Another deal would create a seven-member gaming commission to oversee Indian casinos, horse racing and the state lottery, along with its video terminals at race tracks. The commission, with five members named by the governor and one each picked by Skelos and Silver, will replace the current Racing and Wagering Board and the Lottery Division.

This month, the Legislature passed a proposed constitutional amendment that would permit as many as seven Las Vegas-style casinos in New York.

The amendment will go before voters if lawmakers approve it a second time next year. The bill creating the commission doesn't mention non-Indian casinos.

BLOOMBERG

Budget deal helps the MTA

An agreement reached March 25 would provide $13.1 billion to fund the last three years of the MTA's five-year capital budget, letting projects such as the Second Avenue subway proceed as planned. The state had provided only $9.1 billion for the first two years. The deal raises the MTA's debt cap by $7 billion and includes a $770 million payment from the state to the MTA's capital program.

"With this funding, the MTA will continue to enhance our riders' experience by investing in the future," MTA Chairman Joseph Lhota said in a statement. BLOOMBERG

McCain: 'Huge' scandals ahead for campaigns

Senator slams high court's lifting of campaign finance contributions

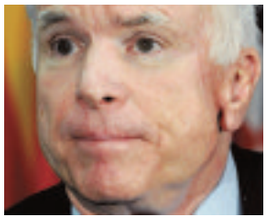
The U.S. campaign finance system is so heavily influenced by big-spending interest groups and wealthy individuals that it will take "huge scandals" to change it — and those scandals are looming, Senator John McCain said yesterday.

McCain, speaking at a Reuters forum on money in politics, gave a blistering critique of U.S. Supreme Court justices over a 2010 ruling that lifted limits on political fundraising and spending by corporations, unions and other non-campaign groups by equating their rights to those of individual citizens.

The decision led to the creation of "super PACs," political action committees that have had outsized impacts on state and local political campaigns and are changing the face of the 2012 presidential election by dumping roughly $100 million into ads, most of which have attacked candidates.

"What the Supreme Court did is a combination of arrogance, naivete and stupidity the likes of which I have never seen," said McCain, one of the authors of a now partially overturned law that restricted political spending by corporations and other outside groups.

"I promise you, there will be huge scandals," McCain said, "because there's too much money washing around, too much of it we don't know who's behind it and too much corruption associated with that kind of money. There will be major scandals."



"What we have done is made a contribution limit a joke."
MCCAIN

The Supreme Court's decision in the Citizens United v. the Federal Election Commission case overturned a century of law and, notably, struck down provisions of the 2002 legislation by McCain and Senator Russ Feingold that limited corporations or unions in spending their own funds on independent political advertising. **REUTERS**

Al Jazeera says it will not broadcast gunman film

PARIS. Qatar-based news network Al Jazeera said yesterday it had decided not to broadcast video footage of three deadly shootings in southern France filmed by an al-Qaeda-inspired gunman using a camera strapped to his body.

"Al Jazeera will not air video of French shootings," the Qatar-based news channel said in a headline on its website.

French President Nicolas Sarkozy had urged television channels to refrain from showing the film, a copy of which Al Jazeera received at its Paris bureau late on Monday on a memory stick mailed last week from Toulouse as police laid siege to gunman Mohamed Merah.

An employee at Al Jazeera's Paris newsroom told Reuters the network had decided there was no information in the footage that was not already in the public domain and that broadcasting it would have breached its code of ethics. **REUTERS**

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Supreme court divided on Obama health care plan

GETTY IMAGES

▶ Demonstrators gathered outside the U.S. Supreme Court after yesterday's morning session. The Supreme Court took up the most contentious part of the landmark health care reform.

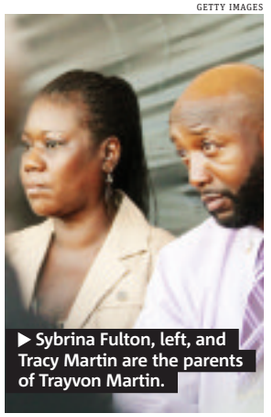
The U.S. Supreme Court yesterday appeared closely divided along ideological lines over whether Congress had the power to require most people in the United States to buy medical insurance, with conservative justices asking skeptical questions about President Barack Obama's health care law and liberals defending it.

During two dramatic hours of arguments, pivotal justices on the nine-member court suggested they would uphold the so-called individual mandate requiring people to obtain insurance only if they believed they were not giving Congress broad new powers over people's lives.

Chief Justice John Roberts and Justice Anthony Kennedy, two conservatives who could join the four liberal justices to uphold the law, pressed an attorney for the Obama administration to say where the limits would be on federal power if people who opted against insurance were forced to buy coverage. **REUTERS**

Martin parents at hearing into racially driven crimes

GETTY IMAGES



▶ Sybrina Fulton, left, and Tracy Martin are the parents of Trayvon Martin.

The parents of slain Florida teen Trayvon Martin attended a U.S. congressional forum in Washington yesterday that looked at racial profiling and hate crimes.

Yesterday's event underscores how the racially charged case has become increasingly politicized in an election year. President Barack Obama weighed in last week in highly personal terms, saying that if he had a son he would look like Trayvon, a comment widely interpreted as implicit recognition of the case's racial overtones. **REUTERS**

Claims teen suspended, hit bus driver

A leaked school report yesterday claimed Trayvon Martin had been suspended from school three times in the months before he was killed. The teen is said to have skipped school and shown up late. On another occasion, he was suspended from school after a "burglary tool" — a flathead screwdriver — and 12 pieces of women's jewelry that did not belong to him were found on him. A Twitter account, said to be linked to him, also suggested he had attacked a bus driver, according to reports in the Miami Herald.

US may impose new sanctions on Iran

WASHINGTON. The U.S. Senate may soon consider a new package of proposed sanctions targeting Iran's oil revenues, Democratic Majority Leader Harry Reid said yesterday.

The sanctions would focus on foreign banks that handle transactions for Iran's national oil and tanker companies, and they would include a host of measures aimed to close loopholes in existing sanctions.

The sanctions have made it increasingly difficult for Tehran to sell its oil and are aimed at slowing Iran's nuclear program, which Tehran has said is purely for civilian purposes. The West contends the program is for nuclear weapons. **REUTERS**

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Will Obamacare verdict sway the Nov. elections?

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Could the Supreme Court, in deciding the fate of the Obama administration's health care reform law this summer, also be deciding the next president of the United States this fall? The answer may depend on which way the high justices lean.

As anyone who's been paying even minimal attention knows, Obamacare has been hugely polarizing. Conservative politicians, who originally conceived of the individual mandate — the economic foundation of the reform law — have since reversed course, pointing to the policy as evidence of Obama's big-government overreach. At the same time, many Democrat pols, including Obama, have seized on the mandate as a bipartisan solution (one that has become decidedly partisan) despite originally opposing it in favor of more progressive approaches.

Yet despite this ideological flip-flop, most Americans have remained consistent in their opinions. According to the most recent New York Times-CBS poll, 51 percent oppose Obamacare, with 47 percent supporting. Those numbers have held more or less steady over the past three years: Opposition has hovered in the 48 percent to 52 percent range, while support has maintained at just below 50 percent.

It seems that Americans have made up their minds, largely along party lines: Republicans oppose the law, Democrats support it. And nothing the Supreme Court says is going to change that.

However, the decision could have the unintended effect of energizing — or, conversely, de-energizing — the parties' respective bases. If the judges rule in favor of the law, for instance, it could be the extra oomph Republicans need to convince the right-wing of rampant federal tyranny, herding voters into polls this November. If the judges find the law unconstitutional, on the other hand, that may take the wind out of conservative sails.

One thing is certain: Whichever way the court rules, we'll be living with this decision long past November.

TIM SLOAN/AFP/GETTY IMAGES

▶ Do the nine justices of the U.S. Supreme Court have too much power in the political system? Let us know at letters@metro.us

67% A majority of Americans oppose the individual mandate, according to this week's New York Times-CBS poll.

85% Interestingly, a more sizable majority favors the new rule banning insurance companies from discriminating based on pre-existing conditions. We wonder what Americans would think if they were more aware that the two measures are inescapably connected: Without the mandate, insurers would necessarily revert to the distasteful practice.

GET FED

Some pundits were surprised at yesterday's Supreme Court session:

- "It appears that the mandate is in trouble. It is not clear whether it will be struck down, but the questions that the conservative justices posed to [conservative lawyer Paul] Clement were not nearly as pressing as the ones they asked to [Obama lawyer] Solicitor General Verrilli." **TOM GOLDSTEIN, SCOTUS BLOGGER**
- "This was a train wreck for the Obama administration. This law looks like it's going to be struck down." **JEFFREY TOOBIN, LEGAL ANALYST**
- "Impossible to know how much justices were tipping hands. But if tone, substance of q's was indicative, SCOTUS is skeptical of govt case." **JONATHAN COHN, THE NEW REPUBLIC**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Miley Cyrus thinks you need to calm down, Anderson Cooper knows his limits, Kristin Chenoweth could use some good cheer, and Conan O'Brien is easily amused.

@MileyCyrus
I'm not engaged. I've worn this same ring on this finger since November! People just wanna find something to talk about! It's a topaz people!

@andersoncooper
I just started running again, but don't think I could do a marathon

@KChenoweth
I wish it was my bday today. I need a present.

@ConanOBrien
Got my oil changed downtown just so I could tweet something that sounded dirty.

Cyrus

In defense of Marilyn Manson?

In yesterday's column, I brought up the news that everyone's favorite '90s goth (besides blood-sucking era **Angelina Jolie**), **Marilyn Manson**, is dating chanteuse **Lana del Rey**. And, perhaps it was shallow of me, but I asked what it was about the creepy rocker that attracted some of Hollywood's most beautiful women (**Rose McGowan**, **Dita Von Teese**, **Evan Rachel Wood** are three of his most famous conquests). Luckily, you wrote in:

▶ "The best I can do is remember that ignorance is a natural part of the human process."

▶ "He's creepy outwardly, I'll grant you and beyond strange. He is also intelligent, well spoken, charming and masculine (despite the makeup and freaky gender-bending BDSM clothing)….He's good at making interesting conversation and accomplished at drawing women in. A fine predator of the male species."

▶ "The answer is so simple that you missed it completely! Ask yourself how **Ric Ocasek** got **Paulina**? The reason you don't get it is that you are not a fan of Marilyn Manson. Your biased view inhibits your clarity."

My biased view? No. It's just curious. I'd like to file this under that weird phenomenon of how once-popular Hollywood men whose careers are currently on a downward slide— see: **Valderrama, Wilmer**; **Culkin, Macaulay** — still get so many successful, hot girlfriends and **George Clooney** gets a former WWE wrestler. Ladies, I'd like a word.

▶ A fine predator of the male species, indeed?

Can she just have her baby already? Please?

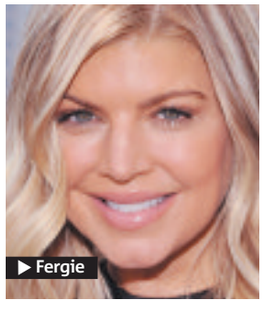
How ready is uber-pregnant **Jessica Simpson** to deliver her baby? So ready that she's already talking about her pregnancy in the past tense (ed note: I wish I were writing about it in the past tense; her gestation period feels longer than that of a blue whale's). "I had a great pregnancy," Simpson tells Hello! Magazine. "Eating and not having to worry too much about it has been fun. Taking a break from working out has definitely been fun. But I'm ready for it to be over. I'm ready to have my body back! I feel like I could pop at any second." Fingers crossed!

Simpson

Talking points

Fergie talks babies with Duhamel

After three years of marriage to **Josh Duhamel**, **Fergie** is up for having kids — just not now. "It's not happening yet, I can tell you that definitely," Fergie says, according to Hollyscoop. "But we want to have a family, so that's in the cards, but it's just not this second." The continued wait has to do with the fact that, with a lighter Black Eyed Peas schedule, the singer finally has time to spend with her husband. "Eight years of being on the road, and now I've been off the road, what, five months?" she says. "I'm enjoying this time of just being home for that long a period."



▶ Fergie

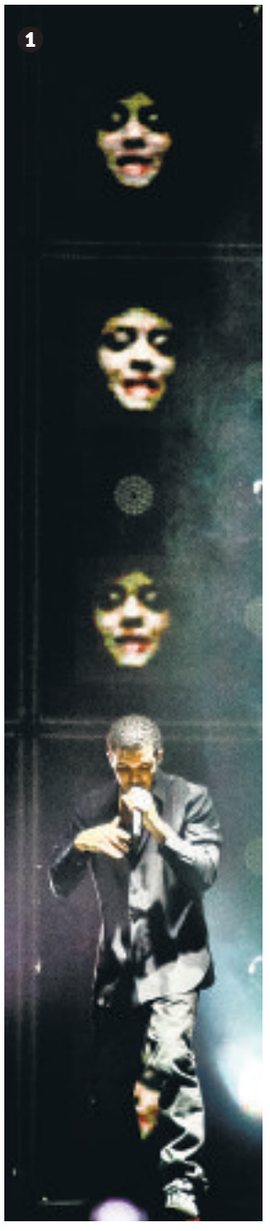
Brand removes Perry tattoo

Now we know the marriage is over. **Russell Brand** has reportedly had the tattoo he got to match soon-to-be ex-wife **Katy Perry**'s removed, according to Hollywood Life. Brand and Perry each had the Sanskrit words for "go with the flow" inked on their biceps shortly after their 2010 engagement, but this weekend the British comic hit up Hollywood's Shamrock Tattoo studio to get rid of the words.

▶ Brand

Bobby Brown's DUI arrest

Bobby Brown was pulled over for using his cell phone while behind the wheel in L.A. this week — but ended up getting arrested for driving under the influence, according to TMZ. Brown was held in a Van Nuys, Calif., jail before posting bail. "It's unclear what substance cops believe Brown had been using before he got behind the wheel," a source tells the website. Brown has a previous DUI conviction on his record stemming from a 1996 arrest in Georgia.



The 'Titanic' (and your week) will go on

1. Drake performed on stage at O2 Arena on Monday in London.

2. Kate Winslet attended the world premiere of "Titanic 3D" at the Royal Albert Hall in London yesterday. It opens here on April 4.

3. Drummer **Chris Gaylor**, guitarist **Nick Wheeler,** vocalist **Tyson Ritter** and guitarist **Mike Kennerty** of The All-American Rejects posed backstage at their record release party for their new album "Kids in the Street" at iam8bit Gallery in Los Angeles on Monday.

4. Matt Lauer and **Giada De Laurentiis** attended De Laurentiis' "Weeknights With Giada" book launch party at the Andaz Hotel in New York City on Monday.

5. Musician **Michael Stipe** and boyfriend **Thomas Dozol** stepped out at the Metropolitan Opera's premiere of Jules Massenet's "Manon" at the Metropolitan Opera House in New York City on Monday.

6. Simon, **Jason Lee**, **Alvin** and **Theodore** were all fur and smiles at the "Alvin and the Chipmunks: Chipwrecked" Blu-ray and DVD release party at El Rey Theatre in Los Angeles on Monday.

1:CHRISTIE GOODWIN/REDFERNS VIA GETTY IMAGES
2: DAVE HOGAN/GETTY IMAGES
3: CHELSEA LAUREN/GETTY IMAGES
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GEMMA HARRIS

Onstage

For Cloud Nothings, a different sound raining down

▶ Baldi, third from left, brings the Cloud Nothings to Glasslands Gallery in Brooklyn tonight for a sold-out show.

Last year, Cloud Nothings was all about lo-fi fun and the whimsical musical impulses of Dylan Baldi — who recorded all of the material on his own and taught a backup band all the parts. But now Cloud Nothings is a full-on kickass band with a serious new album, "Attack on Memory."

"It's a depressing record, lyrically speaking," says Baldi. "I was bored making the same kind of stuff over and over."

He is sitting on a set of steps just a bit outside of the SXSW action in Austin, Texas, where Cloud Nothings played six gigs in three days. He says changing the band's sound was almost a challenge he posed to himself.

"It's kind of nerve-wracking at first," he says, "because I changed it to something I wasn't comfortable with. ... But once you kind of settle into it and realize, 'I'm happy with the record and the band is happy with the record; and if no one else is, I don't care because I've made something that I'm really proud of, naturally,' you kind of get over the fact that people are going to review it."

Whether he gets over it or not, a lot have people have been reviewing the album — positively. Pitchfork gave it an 8.6 out of 10 and Rolling Stone gave it 3.5 out of five stars.

"Attack on Memory" oozes with the frustrated energy of Baldi constantly railing against the possibility of life's futility.

"The whole record is sort of about what I think a lot of people my age go through," he says. "Around like 20 and 21, people just sort of think about what they're going to do with the rest of their lives."

If this is what he's going to be doing for the rest of his life, he says there is one threat to that longevity: "Our drummer is super loud, so we all have to meet his level. ... I'm gonna go deaf by like age 25." **PAT HEALY**

GETTY IMAGES

What scares Clive Owen?

- It's not acting like a parent in movies — he loves that
- Rather, it's being a parent that keeps him up at night
- The British actor discusses his new horror flick, 'Intruders,' and what gives him the heebie jeebies

Clive Owen is as unflappable in person as the cool and calm persona he projects on screen. The dapper British actor was all charm and smiles during a recent chat about his new thriller, "Intruders," in which he plays a father trying to protect his family from a mysterious visitor (Hollow Face) who invades their home. But he was quick to admit the one thing that does unsettle him: Worrying about his two daughters.

"What scares me is, without a doubt, the welfare and well-being of my children," he says with a hint of concern. "Worrying about if they are OK or all right — the things you don't have much control over."

But what doesn't keep him up at night is portraying a parent in a movie. "It's interesting to explore parenting in film; to do it in a truthful way is something very exciting to discover," he says, noting it's especially challenging when you're portraying a parent trying to protect their child like he does in "Intruders."

"You have to take the audience to quite an intense place [with just a look]. It's as hard as doing a page of dialogue," he says. "If you fall short, it just doesn't work. You have to get to a place of intensity."

'The Exorcist' and parenting

One other thing that scares Clive Owen? "The Exorcist." "It's extremely well-acted and even holds up today," he says about the movie. "My 12-year-old daughter has heard about it and is like, 'Dad, I want to watch 'The Exorcist.'" And I'm like, 'Sweetheart, you're not watching that for 10 more years.'"

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A second chance at the dance

The new 'Carrie' is much better than the first ◗ Molly Ranson shines — even through the blood

Some things are, indeed, better the second time around. We weren't among the select few who saw the infamous 1988 Broadway production of "Carrie," known for being bloody, campy and closing three days after it opened — losing huge sums of money. But the reworked, restrained revival of the musical now playing off-Broadway at the Lucille Lortel Theatre is casually mesmerizing.

For those unfamiliar with either the Stephen King novel or the movie starring Sissy Spacek, "Carrie" is the story of a telekinetic high school outsider with a fanatically religious mother. She unexpectedly gets invited to the prom and voted prom queen, only to be vehemently humiliated by a mean cheerleader-type seeking misplaced revenge.

Michael Gore's score (with lyrics by Dean Pitchford), revamped from the Broadway version, is tuneful — even elegant, particularly in several duets sung in counterpoint by Carrie (Molly Ranson) and her mother Margaret (Marin Mazzie). Both women's voices soar to otherworldly effect. Matt Williams's easygoing choreography captures the angst and joy of being a teenager.

Director Stafford Arima, book writer Lawrence D. Cohen and the entire creative team zero in on Carrie's — and to a lesser extent her classmates' — alienation and anger. Ranson nails Carrie's mood swings, and Mazzie is fantastically eerie as her mom. Christy Altomare is affecting as the one young woman who tries to do right by Carrie, only to end up being questioned by the police.

JOAN MARCUS

▶ Molly Ranson is the titular prom queen in "Carrie," now playing at the Lucille Lortel Theatre.

MICHAEL BRACKEN
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TV watch list

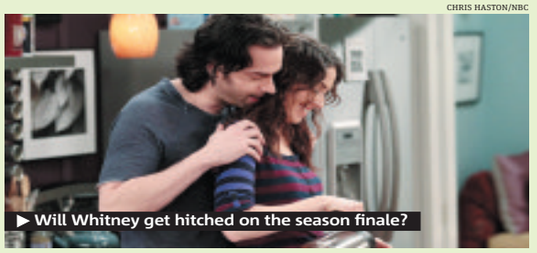
'Whitney'

COMEDY. Whitney tries to use the ol' "dang, my driver's license is expired" excuse when she and Alex finally head to City Hall to get married. Not buying it, Whit. **Season finale, 8 p.m., NBC**

'Whitechapel'

DRAMA. The odd-couple detective team goes back to digging into the history of East London to find clues that may help solve present-day crimes. **Season premiere, 10 p.m., BBC America**

CHRIS HASTON/NBC



▶ Will Whitney get hitched on the season finale?

'Bent'

COMEDY. Contractor Pete tries to remodel more than Alex's home when he suspects her boyfriend is cheating on her. **9 p.m., NBC**

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Study finds e-mail more popular than social media

GETTY IMAGES

▶ More Internet users prefer e-mail to social networks.

▶ Around the world, Internet users favor messaging rather than online communities ▶ Despite efforts to remake it, classic e-mail is beloved

Social media may be getting all the buzz, but e-mail is still a more popular mode of Internet communication, according to a new survey.

Private research firm Ipsos polled 19,216 adults in 24 countries last month and found 85 percent of them used the Internet for e-mail while 62 percent used it for social networking. Keren Gottfried, research manager at Ipsos, says she expected e-mail use to trump that of social media.

"If you think about it, the Internet was first used for sending letters online. It shouldn't be surprising that we're using a digital version of sending a letter," she says. "But the fact that a majority of people are using [the Internet] for social networking is a paradigm shift; there's no equivalent in the offline world."

Quoted

"If you think about it, the Internet was first used for sending letters online. It shouldn't be surprising that we're using a digital version of sending a letter."
GOTTFRIED

61%
Percentage of Americans who use the Internet for social media.

How people use the Internet varies between countries. In Hungary, 94 percent go online to use e-mail while only 46 percent do so in Saudi Arabia. In Indonesia, 83 percent of people use the Internet for social networking (defined in the study as visiting social networking sites, forums or blogs). Social media use is also high in Argentina (76 percent), Russia (75 percent) and South Africa (73 percent). It's low in Japan (35 percent) and Saudi Arabia (42 percent). The U.S. figure for social media use was about average: 61 percent.

Aside from e-mail and social networking, another primary use of the Internet is for Voice-Over-IP. Overall, VOIP is used by 14 percent of people across the globe, and it trends high in Russia (36 percent), Turkey (32 percent) and India (25 percent).

The primacy of e-mail over social networking comes as Facebook and Google have both attempted to remake e-mail for a new generation. Google's bid was Google Wave, which the company billed as the next evolution of e-mail in 2009. By August 2011, Google pulled the plug on the project after adoption didn't materialize.

Facebook, meanwhile, launched a "modern messaging system" in November 2010 that was designed to replace e-mail for younger consumers who preferred SMS and Facebook to traditional e-mail.

TODD WASSERMAN FOR Mashable The Social Media Guide

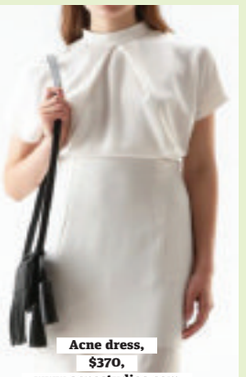
Trend of the week

White's hot

This is a look that is painfully easy to pull off (hurrah) and reliably chic. A win-win, no? The trick is to wear it head to toe — like ivory trousers and a matching blazer as a fashion-forward update on the work suit or white shorts and a coordinating button-down as a light way to ease into spring. Just don't eat any condiments with your lunch that day. KENYA HUNT

MICHELLE BOBB-PARRIS

Poppy Delevigne



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Youth Lagoon goes from 'Hibernation' to an awakening

On record, songwriter Trevor Powers takes a 'fuzzy and obscure' approach
But when you see him live with a guitarist, the story becomes clearer

The music of Youth Lagoon achieves that rare duality where on record it soothes, and in concert it rocks. Songwriter Trevor Powers, who plays every instrument on Youth Lagoon's debut, "The Year of Hibernation," buries his reverberating vocals so deeply at times on the album that his fragile-sounding voice almost feels like another register on his keyboard. But live, there's no escaping the wistful words coming over the PA.

"Don't stop imagining, the day that you do is the day that you die," warns the 22-year-old Powers on the song, "17." He is staring into a crowd from under his curly bangs at the SXSW Music Conference in Austin, Texas, where earlier this month Youth Lagoon played nine sets.

Where the song may seep into the background of a workday, Powers and guitarist Logan Hyde swell slowly and contagiously along to its synthetic claps. There's not a person in attendance who isn't nodding along. It's great to get into a song's fundamental melodies — but when the lyrics reveal themselves to be inspiring, that is one of music's greatest rewards. Powers says he buried the words for a reason.

"When you take the skeleton of a song, when you actually record it, you want to present it in a way that fits with that main idea of the song. And with these songs it felt right to present them in a fuzzy and obscure type of way," he says between gigs at SXSW. He's sipping a carton of coconut water and smells like beer.

He says though he presents his lyrics in this "obscure type of way," it doesn't stop fans from trying to figure them out.

"I remember ... kind of stumbling on a lyrics website and finding some of the songs," he says. "They weren't even close."

PAT HEALY
pat.healy@metro.us

COURTESY OF FAT POSSUM RECORDS

▶ The creature from Youth Lagoon: Powers plays a sold out show at the Music Hall of Williamsburg tonight.

'Hibernation'? Ha!

Powers says that since "The Year of Hibernation" came out in September, the year has been anything but hibernation, as he has been on the road most of the time with an ever-rising profile.

▶ "The best way to describe it would be if your life turns 180 degrees," he says.

And this will most likely change the tone of the second Youth Lagoon album.

▶ "Obviously the songs you write are not going to be the same," he says. "I guess my whole mentality, and my life in general, is different now because I'm in such a different place — and so the music that I'm working on has a different flavor to it."

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COMSTOCK

Habits of the healthy

▶ Feel familiar? Consider adding more veggies and garlic to your diet.

Whether you want to ward off the common cold or lower your cancer risk (or do both), adapt your lifestyle to include these tips from author Gene Stone

Everyone gets sick, don't they? Not according to health writer Gene Stone, author of "The Secrets Of People Who Never Get Sick."

"I've written many books and talked to many people during the course of that, and I started to notice that some people just never got sick," Stone says of his inspiration. "I started to learn their secrets." Such healthy folks — who fend off everyday illnesses as well as the biggies like diabetes, heart disease and dementia — are a rarity, though, he admits.

"There aren't that many, but there are some people who led lifestyles that prevented illness. Most of these people were lucky to have good genes, but a good deal of it was to do with their diet," he says.

And Stone adds that there's a less tangible element to good health, too: attitude.

"Psychoneuroimmunology studies show the relationship between the psyche and health," he says. "Attitude and emotions have an enormous impact on your long-term health." So think positive for a health boost.

Quoted

"Attitude and emotions have an enormous impact on your long-term health." GENE STONE

LINDA CLARKE
letters@metro.us

The secrets

Stone picked out a few of his 25 secrets that he says are simple to do every day.

▶ **Eat raw garlic:** "Garlic has been a natural antibiotic and antioxidant since the Egyptian times," he says.

▶ **Eat a plant-based diet:** "I went vegan four years ago and my HDL [good cholesterol] went up and LDL [bad cholesterol] went down."

▶ **Take cold showers:** "These bolster your mood and your immune system."

▶ **Nap:** "You need seven to eight hours [of] sleep, but not all at once. A 20-minute nap increases your lifespan."

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ZOONAR

There are a whole lot of health benefits to be found here.

Spices aren't just flavor-enhancers — they're also incredible health-enhancers. Here are five everyday seasonings that boast medicinal benefits.

Cayenne boosts metabolism and suppresses appetite. Cayenne pepper does more than simply add fire to your food. A Purdue University study found that adding spicy seasonings and condiments like cayenne pepper, fresh and bottled hot peppers or hot sauce to meals suppresses appetite and slightly revs up metabolism. When dieters who weren't used to eating spicy foods enjoyed soup seasoned with cayenne pepper, they ate 60 fewer calories at their next meal. Try sprinkling chopped hot peppers into salads or mixing hot sauce into low-fat mayo or hummus for sandwiches. Add some kick to omelets, low-fat chicken or tuna salad, stir-fries and marinades with minced jalapeno or chipotle peppers.

Turmeric (and curry powder) contains an anti-inflammatory compound that may relieve aches and pains. Looking for a way to ease joint and muscle discomfort caused by arthritis, intense exercise or everyday wear and tear? Try turmeric, a mustard yellow spice from Asia and the main ingredient in yellow curry powder. Scientific studies have shown that a compound in turmeric called curcumin activates the same anti-inflammatory pathways as some arthritis medications. Be sure to check out the recipe for Chicken Curry and Vegetables on my website — it's the ultimate meal for alleviating aches and pains.

Cinnamon improves blood sugar control. Lower your blood sugar by liberally sprinkling cinnamon at mealtime. Studies suggest that adding this cozy spice to food or drinks may slightly blunt the rise in blood sugar that occurs after eating. Try mixing a dose of ground cinnamon into oatmeal, yogurt or cottage cheese. Or use it to flavor apple, pear or peach slices. Cinnamon is also a perfect flavor-enhancer for your morning mug of coffee or tea.

Rosemary has compounds with anti-cancer activity

Rosemary is a wonderful, fragrant herb that is easy to grow and quite versatile when it comes to cooking. It has a woodsy, earthy flavor that's ideal for poultry dishes, roasted vegetables and savory baked goods. Rosemary contains caffeic and rosmarinic acid, two antioxidants that may protect cells from damage by carcinogenic compounds. So take advantage of this cancer-fighting powerhouse — it's downright delicious!

Ginger soothes an upset stomach and alleviates nausea. It isn't just an old wives' tale — ginger has actually been shown to reduce nausea in scientific studies. When your stomach feels off, try nibbling on a few slices of delicious, candied ginger or sipping on a warm cup of calming ginger "tea" (just steep a few slices of fresh ginger root in hot water for five minutes). You can also add a half-teaspoon of ground ginger to fruit smoothies, yogurt or oatmeal. Consider making all-natural ice pops using 100 percent fruit juice and grated fresh ginger for a tasty combo of cold and sweet to relieve an upset stomach.

*— For more foods that can help to prevent, manage and treat common health conditions, follow **Joy Bauer** on Facebook and Twitter (@joybauer) and visit **www.joybauer.com.***

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Today in medicine

Germs not so bad — sometimes

Study subjects: Mice
Location of study: U.S.
Results: While good sanitation is the first line of defense against viruses and harmful bacteria, Brigham and Women's Hospital in Boston has issued a report stating that normal bacteria help strengthen the body's immune system.
Significance: Exposure to microbes kickstarts the immune system's proper functioning. But don't put away the Lysol just yet — we need lots more research to figure out exactly how germs do a body good.

What causes baldness?

Study subjects: 22 men with male-pattern baldness; laboratory mice
Location of study: U.S.
Results: Researchers at the University of Pennsylvania found higher levels of the protein prostaglandin D synthase in the cells of hair follicles located in bald patches on the scalp. Mice bred to have high levels of the protein went bald, and human hairs grew shorter when given the protein.
Significance: This could lead to more insight into and treatments for hair loss.

BANANASTOCK

▶ Yes, you should keep washing your hands, but there's no need to overdo it on hand sanitizer.

Air pollution and child development

Study subjects: 253 nonsmoking New York City mothers
Location of study: U.S.
Results: A report in the journal "Environmental Health Perspectives" says there is a link between urban pollution, particularly compounds called polycyclic aromatic hydrocarbons, and child development. Columbia University scientists found that the children of pregnant women exposed to higher levels of air pollution (who had the highest PAH levels in their blood) were more likely to have anxiety, depression and attention problems.
Significance: PAHs, which emanate from burning fossil fuels, car exhaust and cigarette smoke, are ubiquitous in urban environments. Cut your exposure to air pollution whenever possible.

Hypertension drug may deter diabetes

Study subjects: Mice
Location of study: U.S.
Results: A University of Alabama at Birmingham study published in "Diabetes" magazine states that the FDA-approved high blood pressure and angina drug Verapamil might reverse beta cell death, which would allow the body to create more insulin. Diabetics do not make enough insulin in their bodies.
Significance: According to the American Diabetes Association, 67 percent of the almost 26 million adult patients with diabetes also have hypertension.

LINDA CLARKE

In brief

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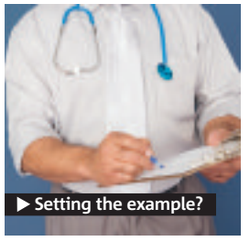
▶ Julie Morris' classes will include recipe demos and tastings.



▶ Setting the example?

Scary stat

Nearly 40 percent of physicians are overweight or obese, with generalists tending to be heavier than their subspecialist peers.
Source: WebMD's Medscape Physician Lifestyle Report 2012

Free healthy cooking classes

L.A.-based chef Julie Morris, the author of the new book "Superfood Cuisine," is leading free organic superfoods cooking classes throughout the city today, tomorrow and Friday. Stop by to learn about the benefits of cacao, acai, goji berries and other superfoods, plus how to incorporate them into your daily life. You can also enter to win superfoods from Navitas Naturals, which is sponsoring the classes.

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▶ **Tomorrow, 5 p.m. to 7 p.m.** Whole Foods, Union Square, 40 E. 14th St., 212-673-5388
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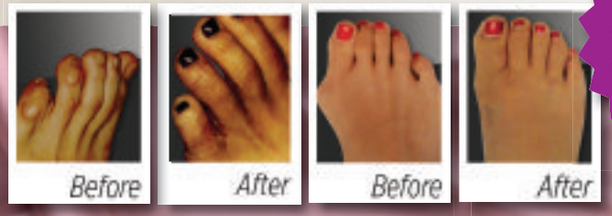

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Letters

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Self-defense doesn't mean killing kids

RE: "WE ARE ALL TRAYVON? MIXED BAG ON CRIME": The real question here is twofold: 1) Why was this shooter so paranoid to have called in more than 50 mostly unwarranted reports of suspicious individuals or activities during the last year? 2) Why have we still not changed our gun laws so that ordinary citizens cannot own guns? If this overly zealous man on the hunt for no-gooders in his neighborhood hadn't had a gun, Trayvon Martin would still be alive.
INGERID WHITE, VIA E-MAIL

If this was about an individual that was in fact in danger and had to shoot the boy in order to defend himself, I'd agree with you. But this is a person who followed the boy. He was looking for trouble and found it. The boy was unarmed. What threat did the boy pose on this big man, wielding a gun? Let's not pretend Zimmerman had no choice but to shoot this kid.
JASMINE MACK, VIA E-MAIL

"It's going to take a lot of time and money to fix what the Republicans have broken."

RE: "CAN'T BLAME GOP FOR EVERYTHING, CAN WE?": Mr. Mannikus complains Obama caused $4 trillion in national debt and, gosh darn it, we should stop blaming good old George W. Bush. Fact: Bush left an unpaid bill of almost $3 trillion for two wars off the nation's budgetary books when he left office. Fact: Bush enacted TARP at the end of his last term, which cost close to a trillion dollars alone. Many of our debt problems do come directly from the GOP.
JD DUCAS, VIA E-MAIL

Someone please tell Igor Mannikus that Bush didn't put the two wars in the budget. When funding ran out for the wars, the Repubs had an added vote for funding. The Obama administration put the wars into the budget!
ELIZABETH HUDLEY, VIA E-MAIL

Mannikus bemoans that President Obama doubled up the national debt yet isn't blamed for the state of the country. Sadly for him, the historical record is quite clear: Bush's tax cuts for the wealthy, unnecessary wars and bad management of the country's finances were what led us to the brink of ruin. As for the debt having doubled since then, it's going to take a lot of time and money to fix what the Republicans have broken.
JOSEPH CONNELL, BROWNSVILLE

Obama mic gaffe is downright treachery

RE: "OBAMA GUILTY OF BEING A POLITICIAN": I'm not inclined to blame Barack Obama for everything bad that has happened or is happening in the world (like he himself has been doing with respect to George W. Bush almost on a daily basis over the past 3.5 years). But his blunder over the hot mic issue is not a minor slip of a tongue as you're trying to portray. Rather, this is huge. Hinting to a foreign leader that once the election is over our president would change the course, likely to the disadvantage of the United States and our allies, is not just politics as usual. It's downright treachery and he should be impeached for that.
GAROLD MINKIN, NEW YORK

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Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♈ Aries **March 21-April 19.** In order to appease your restlessness, you're going to require a variety of activities and the ability to keep your schedule open. Be as flexible as possible.

♉ Taurus **April 20-May 20.** Although you may need a bevy of activities to satisfy your restless spirit, you should take some time to work on your budget. You'll feel good about yourself if you can trim some of the fat.

♊ Gemini **May 21-June 20.** Your restless and dynamic sides will be very much in evidence, causing a stir wherever you go. Think of it as spreading a little excitement around.

♋ Cancer **June 21-July 22.** Your natural sense of humor and quick tongue are likely to be two of your most effective tools. Used constructively, you can reverse any relationship that is heading for disaster.

♌ Leo **July 23-Aug. 22.** Attend to your duties without making it a no-play kind of day. You're going to need some kind of lighthearted diversion to help refurbish your attitude and outlook on life.

♍ Virgo **Aug. 23-Sept. 22.** By being flexible and prepared to change tactics to meet the needs of the moment, you can turn what would have been an unpleasant episode into one filled with fun and laughter.

♎ Libra **Sept. 23-Oct. 23.** Listen up when wiser heads are speaking. Even if a conversation wasn't meant for your ears, something is likely to be said in your presence that will be well worth remembering.

♏ Scorpio **Oct. 24-Nov. 22.** Before getting yourself involved in some kind of new endeavor, it would be best to go out of your way to examine all the available information and data.

♐ Sagittarius **Nov. 23-Dec. 21.** Your spirit of cooperation will enhance all of the assets you possess as well as your appeal to others. A new partnership arrangement could be a consequence.

♑ Capricorn **Dec. 22-Jan. 19.** If you desire to be as productive with your time as you can, keep your head and hands as busy as possible. Projects that require both mental and physical dexterity are best.

♒ Aquarius **Jan. 20-Feb. 19.** Instead of participating in the same old things with your friends, experiment with something new. If your pals don't want to take a chance, go off by yourself and join those who do.

♓ Pisces **Feb. 20-March 20.** Your residence could be the magnet that attracts others for a group gathering, so be prepared. Don't be surprised if you have a lot of unexpected, uninvited drop-ins.
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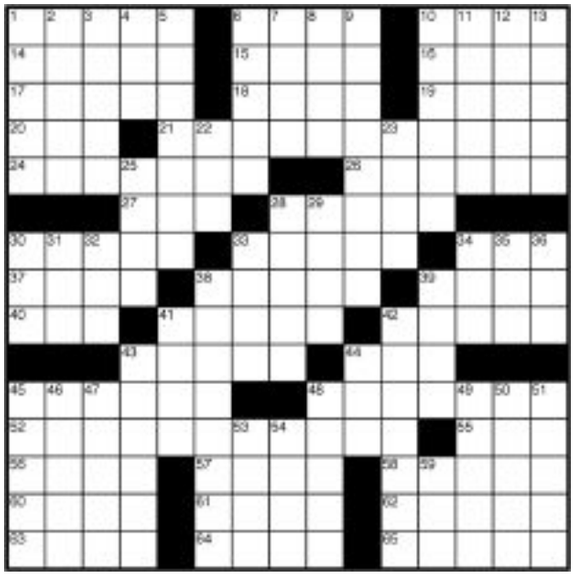
Across
1 Fixed-up building
6 Refresh the fern
10 Berlin had one
14 Suspect's need
15 Ersatz butter
16 Prefix for logical
17 Runs in neutral
18 "Alice" waitress
19 Threshold
20 Util. bill
21 Tortilla melts
24 Auditions
26 Calls from the Alps
27 Big green parrot
28 Archaeological sites
30 Goes sky-high
33 Toe woes
34 "C'est la __"
37 Governess in Siam
38 Squeezed dry
39 Volcano fissure
40 Flirtatious
41 Regatta lineup
42 Novelist __ Binchy
43 On-ramp sign
44 Lo- __
45 Gasoline rating
48 Commanded
52 Villain's cry (2 wds.)
55 Curie daughter
56 Parking lot sign
57 Skip past
58 Disney site
60 Fencer's blade
61 Not a single woman
62 Tend the furnace
63 Sack out
64 Hockey goals
65 Less bananas

Down
1 "Nick of Time" singer
2 Chief's adviser
3 Mountainous
4 Honest prez
5 Thick, creamy soups
6 Player's turns
7 Seine aits
8 Vaccines
9 Currying favor
10 Brandishes
11 Discombobulate
12 By the book
13 Wind-borne silt
22 Ms. Hagen
23 Smoke-detector output
25 Green pod
28 AAA suggestion
29 Samovars
30 Kangaroo pouch
31 She loved Lennon
32 Your choice
33 Rugged cliff
34 Plunging neckline
35 Mdse. bill
36 Hot time in Paris
38 Exhausted (2 wds.)
39 Forum farewell
41 Nota __
42 Folly
43 Polo stick
44 Dernier __
45 Volunteer
46 Two-door car
47 Nose cone covering
48 Joyce Carol __
49 Spy mission
50 Draw forth
51 Talk out of
53 Brigitte's friend
54 Freebie
59 Grade-school org.



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4			5	3	7			1
2		7	4				1	3
6								8
1	3				8	4		2
9			3	2	6			5
	4	2		5			8	

SUDOKU **LEVEL: EASY**

6	9	3		1				7
				7				2
7		2		3		9	8	
	8		3			4		
		7			5		1	
	7	4		9		6		1
3				6				
1				5		3	7	9

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Garden power outage

Knicks prepare for likelihood of being without star for extended period of time ◗ Supporting players need to step up ◗ Defense becomes critical

NATHANIEL S. BUTLER/NBAE/GETTY IMAGES

▶ Stoudemire injured his back in the second half of the Pistons game last Saturday.

The Knicks may be hitting their stride at the right time, but if this topsy-turvy season has taught anything, it's that nothing can go seamlessly.

The latest concern is a back injury to Amar'e Stoudemire that could be serious enough to derail the momentum the Knicks have built since former head coach Mike D'Antoni abruptly resigned earlier this month.

Stoudemire, who's ruled out indefinitely with a bulging disc in his lower back, was in the midst of a personal revival under the new regime.

"Guys have to step up. You're talking about 17, 18 points and eight rebounds a game that are missing," Woodson said. "You're talking about guys coming off the bench [who] have to step up and score some points. Guys like J.R. [Smith], who couldn't throw it in the ocean [Monday night], but came up big when needed and hit a big 3. … More guys are going to have to do that for us to be successful."

Woodson said in order to pick up the slack for Stoudemire, the team's theme will be all about defense.

"Offensively I'm not worried about it too much," Woodson said. "There's going to be nights when we bust through and make shots and score big numbers but having Amar'e out, I don't want guys to think they can't make plays in his absence. But in the end, it still comes down to defense. We have to continue to defend and rebound and that'll put us in position to win games."

"There are some nights when we're not going to be able to score the ball," center Tyson Chandler said, "but you have to always play defense."

"We just have to keep plugging along until we get him back."
CENTER TYSON CHANDLER, ON STOUDEMIRE'S ABSENCE

TONY WILLIAMS
sports@metro.us

GETTY IMAGES

▶ Anthony

'Melo also dealing with injury issues

While Amar'e Stoudemire deals with more serious injury concerns, Carmelo Anthony has his own.

Anthony reaggravated a right groin injury that kept him out seven games in February in Monday night's 89-80 win over Milwaukee.

He didn't sound too optimistic that he'd be ready to play tonight against the Magic.

"I'm hoping. I'm guessing. I don't know," Anthony said Monday. "We'll see. Tomorrow is another day."

It was during that earlier absence that Jeremy Lin and the Knicks took off. But with Stoudemire out, the team will badly need Anthony's scoring abilities to make the playoffs. METRO

In the news

Dickey abuse

Mets pitcher R.A. Dickey talked about being sexually abused as a child for the first time yesterday.

The allegations are detailed in a new memoir, which will be released this week.

The incidents Dickey describes occurred when he was 8 and involved two teenage babysitters — one female and one male.

He hopes opening up about it now will help others.

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NFL. Giants

▶ Defending champs are 8-0 since the NFL started the midweek season opener.

Giants host Cowboys in opener

This year's NFL regular season opener will match the defending champion Giants against NFC East rival Dallas. The game will take place Wednesday, Sept. 5, at 8:30 p.m. The Giants swept Dallas last season, including a last-second victory on Dec. 11 thanks to a blocked field goal. METRO

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GCO #88-244 • MSSM approved through 8/31/12

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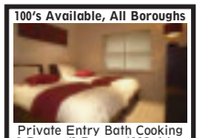
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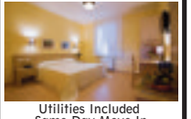
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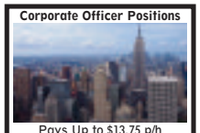
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NOTICE IS HEREBY GIVEN, PURSUANT TO LAW that the NYC Dept. of Consumer Affairs will hold a Public Hearing on Wednesday, April 11, 2012 at 2:00 p.m., at 66 John Street, 11th floor, on a petition from Manna Madison Avenue LLC to maintain, and operate an unenclosed sidewalk café at 26 East 91st Street in the Borough of Manhattan, for a term of two years.

REQUEST FOR A COPY OF THE PROPOSED REVOCABLE CONSENT MAY BE ADDRESSED TO DEPT. OF CONSUMER AFFAIRS, 42 BROADWAY, NEW YORK NY 10004. ATTN: FOIL OFFICER.

PLACE A LEGAL/ PUBLIC NOTICE:
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Notices

Public Notices

Notice of Public Hearing Notice is hereby given, pursuant to law, that the NYC Department of Consumer Affairs will hold a Public Hearing on 4/11/2012 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from Aneio, LLC to establish, maintain, and operate an unenclosed sidewalk cafe at 668 Tenth Avenue in the Borough of Manhattan for a term of two years. Requests for copies of the proposed revocable consent agreement may be addressed to: Department of Consumer Affairs, Attn: FOIL Officer, 42 Broadway, New York, NY 10004.

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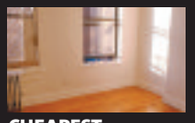
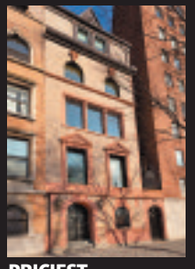


CHEAPEST
$90K
1777 Madison Ave.
The cheapest apartment to hit the market this week is a studio at 1777 Madison Ave. Listed by Stafford Realty Group for $90,000, this co-op is adjacent to a laundromat and offers low maintenance costs of $296 a month.



PRICIEST
$12M
103 Riverside Dr.
The most expensive property listed this week is a mansion at 103 Riverside Dr. This 7,500-square-foot, single-family home has its own elevator and six bedrooms. It's listed by Brown Harris Stevens for $12M.

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▶ New York by Gehry is the tallest residential building in the Western Hemisphere.

Neighborhood profile: FiDi

As rents increase and concessions disappear, who will the next generation of FiDi residents be?

For the past decade, the Financial District has been a hotbed for office-to-rental conversions that have tried to woo residents downtown with lower rents and upscale amenities. But as the market has started to recover, prices have been driven up, concessions have been shot out the window and a new type of resident is joining the younger generation of post-grads trying to find cheap space. Move over, Occupy Wall Street — Occupy Stroller is setting up camp.

Comparisons to Park Slope made in a recent New York Post article aren't so farfetched, as today's FiDi is far from how it used to be known: as a traders-only area that becomes a ghost town after 5 p.m. Buildings such as New York by Gehry, the tallest residential building in the Western Hemisphere, have brought new life into the area, attracting high-end customers with penthouses reaching $60,000 a month. With prices that high, agents are seeing some increase in sales interest — though very few new condo units are available in the area.

"It doesn't make as much sense to rent," explains Ryan Serhant, an SVP/Managing Director at Nestseekers. "All the incentives have worn off, and people are paying more each month to rent than they would if they had bought." Despite the high rent, buildings such as 2 Gold, 67 Wall and Gehry's megaproject have fewer vacancies and are about to receive some competition.

"It doesn't make as much sense to rent — all the incentives have worn off, and people are paying more each month to rent than they would if they had bought."
RYAN SERHANT

Metro Loft Management, the brains behind eight office-to-rental building conversions in FiDi, announced last week that they will be converting 70 Pine into a rental building by the summer of 2013. Formerly the home of AIG, the conversion would make it surpass Gehry's tower as the tallest residential building in the city at 950 feet.

Plans for how the units will be divided between rentals and a possible hotel haven't been finalized, but the addition of nearly 1,000 units with studios averaging $2,400 a month will bring even more non-tourists/nontraders to a neighborhood that is quiet enough to play host to kids.

"It's never going to be a hub of nightlife activity, as the architecture doesn't call for it," says Serhant. "But you have so many people coming now, and Stone Street is always packed. The value is still there."

JARED KLEINSTEIN
letters@metro.us

At the Seaport

While the South Street Seaport is a popular spot for tourists, the people behind the project are sick of the novelty shops that occupy Pier 17. The developers have plans to open high-end stores and a rooftop garden/concert space which could accommodate 2,000 people. Construction is scheduled to be completed by 2015.

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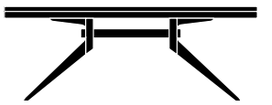
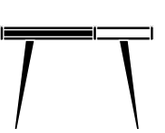


Slight flaws make each piece unique.



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▶ Tote your cleaning supplies in one carry-all, says Brown.

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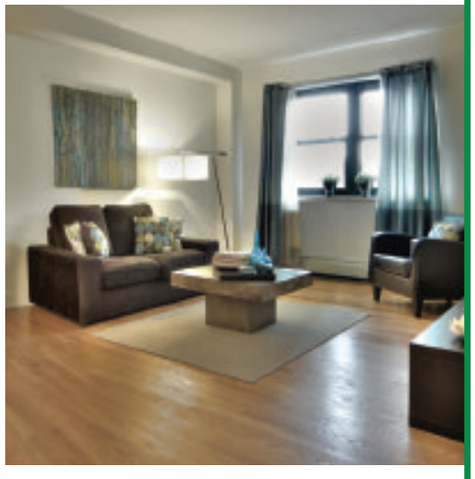

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spring cleaning

Roll up your sleeves and get ready to attack months' worth of dust and grime Domestic darling Katie Brown shows us how to clean up our act at home

We talked shop with lifestyle expert Katie Brown **(www.katiebrown.com)** on how to tackle spring cleaning. "The first thing you gotta do is start with a good playlist so you can get your groove on," insists the TV host and DIY maven. See why we love her? More of her tips:

Clean before you clean: "You want to make sure you're starting with a tidy house," says Brown. "Spring cleaning shouldn't be about putting away your clothes or making your bed. I remember growing up we had a cleaning lady that would come over once a month, and my mom made us clean our rooms before. It used to drive me nuts, but I get it now. When you're doing the "big clean" it takes too much time to tidy up. This is the time you get deep into it and get to all the things that are driving you crazy, like getting your windows clean."

"This is the time you get deep into it and get to all the things that are driving you crazy, like getting your windows clean."
BROWN

Strategize: Go worst room to best, advises Brown. "My kitchen is the hardest. So I start there in the beginning when I'm really pumped up. If I do the kitchen first, then I'm happy because I know I have it out of the way."

Spread the love: "Don't try and do it all in one day," stresses Brown. "Give yourself an hour after work each day. On Monday you're going to clean your kitchen. On Tuesday you're doing the bathroom, and so on. That way it's not too daunting."

Sweat the small stuff: "I always have a screwdriver with me so that once a year I can get those knobs that are falling off as I'm going through. Honestly, the more niggling things are the most satisfying to do. 'OK, I've been meaning to do that for the last three months and I finally did it because I'm right here.'"

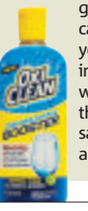
TINA CHADHA
tina.chadha@metro.us

STOCKBYTE

▶ Spring cleaning isn't about making your bed, it's about getting deep into it, says Brown.

Get the film off your dishes

While you're spring cleaning, throw OxiClean's new Dishwashing Booster into your load, says Brown, the new face of OxiClean. It gets rid of the cloudy film caused by detergent. And if you "put a couple of squirts in the bottom of your dishwasher, it actually cleans the dishwasher too," she says. "Its an important ritual that people forget."



Must-do during the big clean

1. **Flip your mattress.** "It airs it out."
2. **Refresh the Arm & Hammer in your fridge.**
3. **Put cedar balls in your closet.**
4. **Clean out your spices.** "A lot of people don't know this, but spices have a shelf life — and it's usually six months at the longest."
5. **Change out your air-conditioning filters.**
6. **Polish your silver.**
7. **If you burn candles, get the wax drippings off your candle-holders.** "The way to do this is put them in the freezer and then take them out and chip off the wax residue."
8. **Take clothes to the cleaners, seamstress, etc.**

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